MINNESOTA

WARM-UP
- Dynamic Warmup Level 1B
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancement

STRENGTH PREP — Strength Prep Leg 1
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

WARM-UP
- Dynamic Warmup Level 1B
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancement

STRENGTH PREP — Strength Prep Leg 10
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

WARM-UP
- Short Hurdle Workout
- Dynamic Jogging
- Dynamic Walking
- Vestibular system Training
- Nerve Glide Z health
- Proprioceptive Enhancement

STRENGTH PREP — Strength Prep Leg 5
- Agility Drills

Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

Matson, Taylor

MONDAY

100%	MONDAY	4-Jun-12 REPS	LOAD	SETS	NOTES	11-Jun-12 REPS	LOAD	SETS	NOTES
		100.0%				100.0%			
	Neural Speed Tuning	T		1	Fly 60	T		1	Fly 60
625	BACK SQUAT	3	345 - 375			3	345 - 375		
		2	405 - 440	Spine Rolls		2	405 - 440	Spine Rolls	
		1	500 - 515	Coach Watch		1	500 - 515	Coach Watch	
	Pair Below	3	455 - 485	0:6:0:0:20:20		3	455 - 485	0:6:0:0:20:20	
	Eyes Up								
	Pair Below	3	455 - 485	0:6:0:0:20:20		3	455 - 485	0:6:0:0:20:20	
	Pair Below	3	455 - 485	0:6:0:0:20:20		3	455 - 485	0:6:0:0:20:20	
	French Contrast	3	455 - 485	0:6:0:0:20:20		3	455 - 485	0:6:0:0:20:20	
	Hurdle Hop	4		4	Height	4		4	Distance
	Pair w/NO REST	EU							
	SQ Jump Weighted	4		4	0:2:0:0:0:0	4		4	0:2:0:0:0:0
	Pair w/NO REST	EU				EU			
	Acc Band Jump Pause	4		4	0:2:0:0:0:0	4		4	0:2:0:0:0:0
	4 way neck	T		4	0:10:0:0:20:20	T		4	0:10:0:0:20:20
	PW / 45 rest/BB/RT				Stretched				2-way
	Wrist Flexion	T		4	0:20:0:0:20:20	T		4	0:20:0:0:20:20
	PW / 45 rest/BB/RT	ED	Set - Hr	103		EU	Set - Hr	103	
	ANT TIB BND	T		4	0:20:0:0:20:20	T		4	0:20:0:0:20:20
250	DB Walking Lunge	T	165 - 175	3	Bands / 1 Leg	T	165 - 175	3	Bands / 1 Leg
	PW / 45 rest/BB/RT	EF			0:2:0:0:20:20				0:2:0:0:20:20
	Cuban PRSS INC F8	T		3	0:2:0:0:20:20	T		3	0:2:0:0:20:20
	PW / 45 rest/BB/RT	EU	Set - Hr	110	Each Leg	EU	Set - Hr	110	Each Leg
	Ankle Band Work	T		3	0:20:0:0:20:20	T		3	0:20:0:0:20:20
625	Glute Bar Lift	T	470 - 500	3	0:4:0:0:20:20	T	470 - 500	3	0:4:0:0:20:20
	PW / 45 rest/BB/RT	EU							
	Hip Flex Iso Prone	T		3	0:2:0:0:20:20	T		3	0:2:0:0:20:20
	PW / 45 rest/BB/RT	ED	Set - Hr	110		ED	Set - Hr	110	
	Bench Add Groin	T		3	0:4:0:0:20:20	T		3	0:4:0:0:20:20
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath
	Pair w/				No Rest				No Rest
	Partner Leg Walks								
	Pair w/				No Rest				No Rest
	GH HANG	60S		1	Relax Mouth	60S		1	Relax Mouth

MONDAY NOTES

WENDESDAY

100%	WENDESDAY	6-Jun-12 REPS	LOAD	SETS	NOTES	13-Jun-12 REPS	LOAD	SETS	NOTES
		100.0%				100.0%			
	Hormonal Strain Release	T		1	0:6:0:0:6:10	T		1	
625	BACK SQUAT	3	345 - 375			3	345 - 375		
		2	405 - 440	Spine Rolls		2	405 - 440	Spine Rolls	
	EYES UP	1	500 - 515	Coach Watch		1	500 - 515	Coach Watch	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
	Death Ground	1	545 - 580	Rest 1:00		1	545 - 580	Rest 1:00	
469	SL Leg Press	T	400 - 420	3	0:0:0:0:5:10	T	400 - 420	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC			Single Leg	OC			Single Leg
688	RDL	T	550 - 585	3	0:0:0:0:5:10	T	550 - 585	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	OC			Same Leg				Same Leg
	Hip Flex Prone oc	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
313	STEP UP	T	265 - 280	3	0:0:0:0:5:10	T	265 - 280	3	0:0:0:0:5:10
	PW / 55 rest/BB/RT	EP			Bottom 1/2				OC-D
	GH HYPR	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	PW / 55 rest/BB/RT	OC	Set - Hr	105			Set - Hr	105	OC
	Bench Add Groin	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
625	Glute Bar Lift	T	595 - 625	3	0:0:0:0:5:10	T	595 - 625	3	0:5:0:0:5:10
	PW / 55 rest/BB/RT								
	Ball LG Curl	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	PW / 55 rest/BB/RT		Set - Hr	105	OC-A		Set - Hr	105	
	Bench Abd Glute	T		3	0:0:0:0:5:10	T		3	0:5:0:0:5:10
	PRTNR Abs	T		3	0:5:0:0:5:10	T		3	0:5:0:0:5:10
	Hip Traction	180s		1	belly Breath	180s		1	belly Breath
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
					Relax Mouth				Relax Mouth

WENDESDAY NOTES

FRIDAY

100%	FRIDAY	8-Jun-12 REPS	LOAD	SETS	NOTES	15-Jun-12 REPS	LOAD	SETS	NOTES
		100.0%				100.0%			
	Neural Speed Tuning	T		1	Fly 60	T		1	Fly 60
500	FRONT SQUAT	3	275 - 300	Roll I-band		3	275 - 300	Roll I-band	
		2	325 - 350	Spine Rolls		2	325 - 350	Spine Rolls	
		1	400 - 415	Coach Watch		1	400 - 415	Coach Watch	
		4	325 - 350	0:5:0:0:25:35		3	325 - 350	0:5:0:0:25:35	
		4	325 - 350	0:5:0:0:25:35		3	325 - 350	0:5:0:0:25:35	
		4	325 - 350	0:5:0:0:25:35		3	325 - 350	0:5:0:0:25:35	
		4	325 - 350	0:5:0:0:25:35		3	325 - 350	0:5:0:0:25:35	
	Hurdle Hop	3		4	Height	3		4	Distance
	PW / no Rest								
	USSR Plyo Box	3		4	Pause	3		4	Pause
	PW / no Rest				Rest				
	Acc Band Jump Pause	3		4	Rest HR 110	3		4	Rest HR 110
	Bench Add Groin	T		3	0:3:0:0:25:30	T		3	0:3:0:0:25:30
	PW / 35 rest/BB/RT								
	Laying ext rotation	T		3	0:2:0:0:25:20	T		3	0:2:0:0:25:20
	PW / 35 rest/BB/RT		Set - Hr	115			Set - Hr	115	
	Ankle Band Work	T		3	0:2:0:0:25:25	T		3	0:2:0:0:25:25
281	DB RDL Shrug	T	140 - 155	3	0:4:0:0:25:30	T	140 - 155	3	0:4:0:0:25:30
	PW / 35 rest/BB/RT								
	Hip Flex Iso Prone	T		3	0:3:0:0:25:30	T		3	0:3:0:0:25:30
	PW / 35 rest/BB/RT		Set - Hr	115			Set - Hr	115	
281	Single Leg Squat	T	140 - 155	3	0:25:0:0:25:30	T	140 - 155	3	0:25:0:0:25:30
370	BENCH PRESS	IsoF	240 - 130	4	0:25:0:25:45	IsoF	240 - 130	4	0:0:0:25:45
	120 rest/BB/RT			iso	25 Per Set			iso	25 Per Set
93	DB Shoulder Press	IsoF	65 - 35	3	0:25:0:0:25:45	IsoF	65 - 35	3	0:0:0:0:25:45
	120 rest/BB/RT			iso	25 Per Set			iso	25 Per Set
185	Rev Grip Tri Push	IsoF	130 - 75	3	0:25:0:0:25:45	IsoF	130 - 75	3	0:0:0:0:25:45
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/								
	Partner Leg Walks	120S		1		120S		1	
	Pair w/								
	Hip Traction	300S		1	Belly Breath	300S		1	Belly Breath

FRIDAY NOTES

Matson, Taylor **9**

Athlete Notes: Sewickley, Penn. (Shady Side Academy) (USNDT)

University of Minnesota Strength and Conditioning

Block 2 iso MH FreCon 2012

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